

# PACEMAKER



VOL. 8, NO. 11

NAVAL HOSPITAL, CHARLESTON, S. C.

**AUGUST, 1971** 

# Chief of Nursing Service Retires

#### CDR Burcham Becomes Chief of Nursing Service

Chief of Nursing Service, was retired from active military duty during ceremonies held at the Naval Hospital on 30 July. Captain Brooks began her naval career in Charleston in August 1944 as an Ensign in the Naval Reserve. Today a career of twenty-seven years came to full-circle in Charleston as she received final honors from colleagues and shipmates. Among her numerous awards

Captain Helen R. Brooks, plaque was presented by LCdr. Conley from the staff Medical Service Corps personnel expressing their appreciation and awarding her a "commission as Ensign in the Medical Service Corps to date 1 August, 1971". Captain Brooks expressed her regard for the "many fine people" she had been privileged to know and work with during her naval career and stated that she would be very happy to "begin all over again with the



CAPT. HELEN R. BROOKS

were a Certificate of Appreciation signed by President Nixon; a Certificate of Merit from the Surgeon General of the Navy; and Letters of Appreciation from the Senior Nurse Corps Officer of the Navy and from Captain Robinson, Commanding Officer, Naval Hospital. Last, but not least, a



CDR JANICE M. BURCHAM Medical Service Corps were that possible."

Captain Brooks is a graduate of St. John's Hospital School of Nursing in Lowell, Massachusetts. She earned a baccalaureate degree in nursing education from Boston University in 1949 and a Master of Arts degree in nursing

administration from Columbia University in 1956. During the Korean conflict,

Captain Brooks served as operating room supervisor aboard the hospital ship USS Consolation. She continued to serve in this specialty at various naval hospitals until 1966 when she assumed an administrative position in nursing. She served as Chief Nurse at the NAVSUPPACT facility in Da Nang from July 1968 through July 1969. On 10 October,

#### Navy Achievement Medal Is Awarded

SDC James G. Mickle, a patient at Ward Fox, was presented with Navy achievement Medal for professional achievement in the superior performance of his duties from 23 Oct 1967 to 17 Mar 1971 while serving as leading steward of the Officer Commissioned (Closed) at Naval Station, South

Carolina. Chief Mickle enlisted in the U. S. Navy at the Naval Station. Charleston, S. C. on 2 Apr 1951. The early part of his naval career was served with the destroyer force aboard the USS Bradford (DD 545). During the Korean conflict, he saw some action aboard the USS Picking (DD685). In 1964 he voluntered for duty with the submarine force and was assigned to the Polaris Submarine Deterent Force. Thereafter he completed six successful patrols aboard the USS SAM RAYBURN (SSBN 635). His last duty station prior to admission to this hospital was USS AMPHION (AR-13) homeported at Norfolk, Va.

The Mickles, Chief Mickle, his wife, Annie Mae, and his ten children reside at 7 Henry St., Menriv Park, Charleston, S. C.

Allow us to join in congratulations Chief Mickle on a job well done.

CAPT BROOKS being piped over the sides on her retirement. 1969, Captain Brooks was awarded the Legion of Merit with Combat "V" for exceptionally meritorious service in Vietnam. She is the first female officer to be so honored since 1944.

Captain Brooks is being relieved as Chief of Nursing Service by Cdr. Janice M. Burcham, who is a native of Millville, New Jersey. Cdr. Burcham is a graduate of Newark Memorial Hospital School of Nursing in Newark, New Jersey. She received a baccalaureate degree in nursing Charleston.

from the University of Oregon Personnel Administration from Columbia University in New York City. Cdr. Burcham is coming to Charleston from the hospital ship, USS Sanctuary in Southeast Asia where she served as Chief Nurse.

The staff of the Naval Hospital extend all good wishes for a happy retirement to Captain Brooks as she returns to her home in New England, and we wish Cdr. Burcham a very rewarding your of duty in



WASHINGTON (AFPS) -The Navy has opened a drug rehabilitation center at Naval Air Station Miramar, Calif.

Drug users will be received at the center following treatment at designated Naval hospitals. A second center is planned for the East Coast later.

Drug amnesty programs are presently in effect in the Navy, one at NAS Miramar, and another serving all Vietnam has its receiving facilities in Nha Be, Vietnam. The most recently established program is at Harbor. Participation in the amnesty programs is voluntary.



SDC JAMES C. MILKLE presented with Navy Achievement Medal.

## Staff Members Cited upon Recent Transfer

recently given Letters of Appreciation by our Commanding Officer, Capt. D. W. Robinson, MC USN.

In a letter dated 9 Jul 1971 Capt Robinson outlined the outstanding service of HM3 Rudolph P. Floyd. Floyd's duties have varied from nursing duties on Ward Bravo to the Administrative Office with collateral duty as driver for the Commanding Officer. In summation, the letter finished, .

. . "Your excellent military decorum and outstanding performance are sincerely appreciated by me and the entire staff and we wish you success in all future assignments."

HM3 GARY R. REYNOLD'S exemplary performance of duty was recognized in a letter dated 15 Jul 1971. Of HM3 Reynolds' work at the Naval Hospital Annex the Captain wrote "Your exceptional achievements as an individual and as a member of the Navy Hospital Corps have made a major contribution to the health and welfare of the military and civil service personnel and many dependents in this area.

The Commanding Officer congratulated HM3 Steven L. Martin in his letter of 15 Jul

Three of our shipmates were 1971 for a job well done. After noting HM3 Martin's fine performance and duties at the Naval Hospital Annex he said, "Your performance and demeanor have been in keeping with the highest ideals of the Hospital Corpsman rating and are a credit to yourself and the United States Navy.

The entire staff joins the Commanding Officer in saying we are proud to have served with

BEQ Named For Corpsman

PHILADELPHIA (AFPS) -Dedication ceremonies were conducted recently at the Philadelphia Naval Shipyard for a \$1,846,425 bachelor enlisted quarters constructed by the Northern Division, Naval Facilities Engineering Command.

The BEQ, consisting of 3 three-story dormitory wings and 1 one-story service building, was named in honor of Walter P. Seel, Jr., a Navy Corpsman posthumously awarded the Silver Star for heroism in Vietnam.

U.S. SAVINGS BONDS Best Bet for Your Future!

#### THE PACEMAKER Naval Hospital - Charleston, S.C.

Commanding Officer . . . . . . . . . CAPT. D.W. Robinson, MC USN Editors . . . . LCDR J.R. Lucas, MSC USN LCDR W.H. Benedict, MSC USN LT O. T. Watkins, MSC USNR LT. J. E. McNamara, III, MSC USN HMCS M. C. Morga, USN

Photographer ...... HM2 W. C. Jones USN The PACEMAKER is printed commercially in accordance with the provisions of NAVEXOSP-35, Rev. Jul. 1958 and financed from appropriated funds.

The PACEMAKER is published monthly. Contributions are solicited and news items and other communications may be submitted to the

The PACEMAKER is a member of the Armed Forces Press Service and uses editorial material credited to AFPS.

The editors reserve the right to make correction, changes or deletions in submitted copy in conformance with the policy of the paper and the



EDITORIAL

## Getting Involved

Well, what's it going to be this summer? More of the same golfing, swimming, sittin' around? More of that waking up on Saturday morning wondering how to keep yourself occupied for a weekend? Why don't you get involved this summer? By that, we mean why don't you get out and contribute something toward improving our society?

What we have in mind is a program the Department of Defense calls Domestic Action. It's a program designed to link the Defense Department's resources - and you are one of them - with those of our government agencies and private institutions to overcome some of the serious domestic problems which face our nation.

Depending on where you are stationed, Domestic Action could mean training the unskilled or unemployable, or working with children in a ghetto neighborhood.

The impetus for the program is provided by the Pentagon through a Domestic Action council, but it is the initiative of the individual at the installation level, such as yours, which is crucially important to the program's success.

We all have a share in this country's welfare. Find out what your base is doing in Domestic Action. Then, learn where you can lend a helping hand. Get involved this summer. (AFPS)

## Strong Medicine

Do statistics give you a pain?

Just hold your nose and take your medicine and we'll give you a pleasant surprise at the end.

A recent edition of a national magazine, citing American Medical Association figures, says that at last count America had 334,028 doctors, but that nearly 17 per cent of them don't practice. Of the 225,027 available to the private citizen, only 50,816 are general practitioners, while the others are specialists. Pediatricians are GPs for children, according to the article, but there are only 10,310 of them for 58 million children under 15, a ratio of one doctor for 5,625 kids. The whole theme of the article was the shortage of doctors and the rarity of a doctor in a rural or small community. The writer cites startling statistics that show doctors leaving the workingman's communities and moving into the highest income

But, there was a reassuring fact for servicemen among the downers. Of that total figure of 334,028 American doctors, nine per cent are federally employed.

You as a military member have access to modern medicine for yourself and your family and it's free! Yes, the military is feeling the



pinch of the doctor shortage too, but the per capita rate doesn't come close to the civilian ratio.

How many times have you and the family visited the clinic at your installation this year? How much did it cost?

These facts should prompt you to fill this prescription for a sound future: Reenlist. If you've married while you've been in unform you may not know that family medical cost in civilian life is a bitter pill to take. (AFPS Editorial)

## Front Office Affairs

By HMCM Roach

In the past few weeks, several young men have approached me for the telephone number of the Chief of Naval Operations. One seaman, who is a patient in the hospital, wanted to call Admiral Zumwalt because his request chit for five days liberty was disapproved. Others were dissatisfied because of their orders. I doubt very seriously if they actually tried to place their calls, however, it caused me to think about the problem of our Chain of Command being usurped.

Everyone who has been in combat knows the absolute necessity of a Chain of Command. No regimented unit can function very long, whether in combat or a Naval Hospital, without an orderly system such as the time-tested and proven Military Chain of Command. In civilian life, business and civil Government use a similar system, with large industries having a very rigid Chain of Command and Authority. I doubt very much if the average employee of Bell Telephone or General Motors who had a petty gripe would call the Chairman of the Board or President of the company.

Needless to say, executives in any organization as huge and complex as a shore command, big business in the civilian community, a branch of service within the Department of Defense, are much too busy to personally handle the thousands of daily conflicts among their subordinates.

If we just sat down and thought about the "Big Picture" for awhile and could glean the enormity of it, we would be awed by the relevation. Then there would be no doubt as to the unconditional requirement for a Chain of Command.

I suppose it's human nature to want to "go straight to the top" when one is angry. Some feel that they require immediate results and the only way to get them is to "go to the top." How many times have you heard someone say, "If I don't get this or that, I'll write my congressman". In the final analysis, only an infinitestimal number obtain any results and many regret their actions later.

I believe that Hospital Corpsmen are a "cut above" the average sailor and should acquit themselves with dignity and maturity. If we develop and use more self discipline, the proper use of the Chain of Command will become more cogent to personal problems.

### CREW'S LIBRARY

NON-FICTION

H O W TO MEDIUM-YOUNG PRACTICALLY FOREVER WITHOUT REALLY TRYING by Shepherd Mead. Some shrewd advice on succeeding at things that really count: How to burn the candle at both ends and stay nice and warm in the middle; How to be a medium-young tycoon; How to avoid exercise; How to travel like a Lord.

THE ADVENTURE OF BEING A WIFE by Mrs. Norman Vince Peale. Being married to a world famous clergyman hasn't always been easy for Ruth Peale, wife of the Reverend Norman Vincent Peale. Yet the Peales' marriage has been eminently successful. In this book, Mrs. Peal tells how she applied her own brand of "positive thinking" to the duties of being a good wife.

EVERS By Charles Evers. In an uncensored and unexpurgated flow, Charles Evers spills forth his hates, loves, phobias and philosophy. He tells how he really feels about young militants, the Kennedays, Johnsons and Nixon. So completely does he reveal himself that it is possible to understand why he can work for love and integration with the

Also: JULIAN BOND: BLACK REBEL by John Neary, AFRICAN AND OCEANIC

#### FICTION

THE PLEASURES OF HELEN by Sanders. A wonderfully witty and warm story of Helen Miley, New York career girl and modern woman extraordinaire, owner of three-and-a-half-room pad and an active, if somewhat erractic sex life. By the author of THE ANDERSON TAPES.

THE GUILT OF AUGUST FIELDING by Helen Tucker. This is a long, richly nostalgic novel that captures more than seventy years of small town America and an unforgettable character's richly textured life. We meet August Fielding as an impressionable, awkward, 20-year-old farm boy coming to study for the ministry at a small

Southern college. There he meets Professor Bryant, who is to become the greatest influence on his future, and Bryant's wife Angela, whose designs on him exert an equally powerful, continuing influence on his life.

A WOMAN IN THE HOUSE by William E. Barrett. This is a poignant and moving novel about two good people, a Russian Monk and a teacher of retarded children who meet and fall in love in present day Munich. Symoblic of the hope and love men yearn for everywhere, the simple, abiding faith of this man and this woman make this a love story one won't soon forget.

THE ENCOUNTER by Charity Blackstock. This is a compelling story of two people who meet at a remote mountain-side resort, the woman bent on self destruction, the man on revenge, and discover

Michener. This is a huge, contemporary novel on today's youth.

Also: FOURTH STREET EAST by Jerome Weidman, BLUE DREAMS by William Hanley and POTATOES ARE CHEAPER by Max Shulman.

#### Up The Ladder Of Advancement

Last 1 Jul 1971, nine of our staff donned their new crows. Those advanced to their present rate were: HM2 Lewis B. Davis, HM3 David L. Rowe, HM3 James F. Hawk, HM3 Ronald W. Scott, HM3 Netto C. Rodosevich, HM3 Gerald D. Young, HM3 Lawrence N. Lamanca, HM3 Oscar Reichert, and HM3 Roland F. Gagne Jr. The editors and staff extend their congratulations to them for these well-deserved promotions.

STARTING EARLY - A boy in Penmanship class was terrible, and his teacher was working herself to a frazzle trying to get him to write legibly.

"I don't know what I can do about you, Johnny," she said.

"Don't worry about my iting", Johnny said, "I'm writing", Johnny going to be a doctor."

## Chaplain's Corner

Damaged By The Unknown

Remember the old taunt of some lad that had gotten out of reach of his youthful tormentors

'Sticks and Stones may break my bones but names will never hurt me' - he yells from a safe

As we grow up though, we come to realize that old saying is false. We can be - and are often hurt by things that are unseen - yet very real and powerful. One of the things that hurts a person is an unhealthy fear of the unknown. We all have our share of fears and anxieties and normally can handle them. It is when fear becomes a powerful force within us we are in trouble. If there is any word modern man needs today it is "FEAR NOT".

There are many cripples walking around this earth today with a healthy mind and body-but limping and hobbling along because of fears of what might be. The 'If's' bombard our minds with thoughts like, 'If I offer friendship to John, he might use me', or 'If I accept that new job, they might not like my work or give me a real chance to prove what I can do', or 'If I let that woman know that I love her, she might reject me and I would be hurt.'

The Christian faith speaks to our fears eloquently as Jesus Christ says to men, 'Fear not'. Perhaps we need somewhere to find the assurance that many of our fears are not based on fact but feeling. That fear is often disguised and therefore hard for us to deal with. Our sophistication is full of what we moderns term 'anxiety' but the bible terms fear.

Perhaps if we can find a faith that can give us strength and hope, the fears can be kept harnessed. Young Timothy in the New Testament (11 Tim. 1:7) tells us that God has not given us the Spirit of Fear. Many of us still don't accept what God offers - his peace - that gives us courage to look ahead. Moreoften we glanced behind and drag the past along with us not realizing that we have to take a few chances in order to really live. What do you think? Perhaps the young man that yelled his defiance from a safe distance will find courage to step back into the arena of life.

#### THE DRIFTERS by James A. RED CROSS ACTIVITIES

Red Cross has had an interesting month. The low point was losing Miss Miriam Rhame who has been with us since last September. Miss Rhame departed from San Francisco on July 11 for a 2 year tour at Subic Bay Naval Hospital, Philippine Islands, where she will be the Hospital Field Director. Her enthusiasm will be a worth while contribution to that hospital.

Leaving Subic Bay is Miss Ruth McVey who will be coming to Charleston Naval Hospital around the .rst of August. Miss McVey w ll be our new Recreation | upervisor.

The Recreation Staff has recently coordinated two interesting off-base trips for the patients. On June 30, twenty patients enjoyed the Mohammed Ali exhibition fight at Stoney Field in Charleston, compliments of Mr. Reginald Barrett, the fight's promoter. July 13, Miss Ruth Sallenger and Miss Linda Johnson took a full bus-load of patients to Sullivan's Island for a delightful beach party, complete with picnic lunches provided by the Dining

# ☆ ☆ Outstanding Staff Members Recognized ☆ ☆



HM3 LARRY V. CRESWELL

The outstanding staff member from the nursing service for the month of June is HM3 LARRY V. CRESWELL. His high level of competence in all his varied assigned tasks coupled with his organizational and managing abilities has contributed much to the day to day smooth operation of the Nursing Detail Office. With sound and mature decisions, he has been able to function as effective liason between the Nursing Service personnel and the Hospital Corps Detail Officer.

HM3 Larry V. Creswell is one of three children born to Mr. and Mrs. Gene R. Creswell of Morriston, Tennessee. He received his elementary and secondary education at Dandridge, Tennessee. While at high school, he participated on football and baseball teams and also as a member of his school dramatic club. By virtue of his academic achievements, he was accepted as a member of Beta Club, a national honor society.

Upon graduation from high school, HM3 Creswell attended East Tennessee State University pursuing a Bachelor in Arts in Dramatics for one year. Then he transferred to Emory & Henry College where he received his degree. While at college, he was a member of various social and fraternity clubs including the "Blue Key" which is a national honorary fraternity for men for overall achievements in college. In addition to his varied school activities, he was able to find time for religious functions as evidenced by his membership in Holston Methodist Conference which is charged with presenting religious plays to the different churches in the nation.

On 15 May 1969 he joined the U.S. Navy and went on active duty in Sept. 1969. He received his recruit training in Great Lakes where he was appointed as recruit chief petty officer. While at corps school, he was nominated as class adjutant. Although his unit did not obtain any remarkable awards or achievement, he considered this training an excellent experience in leadership and personnel management.

HM3 Creswell became a member of our staff in Apr 70 when he was assigned to Charlie Ward. He performed the duty of Ward Manager of H-9 from May, 1970 through 1 August 1970 at which time he was transferred to Nursing Detail Office.

As for his future plans, HM3 Creswell is intending to apply for acceptance into the University of Tennessee to finish his Masters Degree in Dramatics. He hopes someday to land in some kind of professional theatrical type of work.

HM2 MICHAEL E. DOTTORELLI has been selected as the co-outstanding staff member from our clinics and divisions for the month of June. His creativity, versatility and sense of responsibility are instrumental in upgrading the service provided by the Occupational Therapy Dept. He has coped intelligently and effectively with the ever changing prescribed programs related to his speciality.

HM2 DOTTORELLI is the youngest of the three children born to Mr. and Mrs. Mario Dottorelli of Miami, Fla. He received his elementary and secondary education at Miami Florida. While at high school, he was the Vice-President of Distributive Education class where students are trained for vocational/trade skills of their choice. Upon completion of high school, he performed an apprenticeship training as meat cutter in the Wynn-Dixie food



HM2 MICHAEL DOTTORELLI

In Jan. 1967, HM2 Dottorelli joined the U.S. Navy to get better education and training. He was sent to San Diego Calif for his boot training. Then, he attended hospital corps school and finally was assigned to Naval Hospital, San Diego, Calif for patient care training with the nursing service. Later on, he was nominated to attend Occupational Therapy Technician School at Bethesda, Md. He became a member of our staff in March, 1969 when he was assigned to Occupational Therapy Dept as a full-fledged technician. Last year, he was the coach of our Volleyball team which helped the hospital win the McManes Trophy award for

In regard to his goal in life, he is planning to further his training in Physical Therapy at Gulf Coast Community College for two years and then finish his degree as Physical Therapist at University of Florida. He then hopes to return to the Naval service as a commissioned officer in the Medical Service Corps.

HM2 DOTTORELLI is due to be released to inactive duty in August 1971. We will miss him but we wish him the best of luck in all his future endeavors.

The co-outstanding staff member from our clinics and divisions is HM2 David M. Skinner. His thorough knowledge of the very intricate and highly technical biochemistry instruments has proved to be invaluable in the every day operation of the own dental clinic in a small rural laboratory service. As a result of his eagerness to learn and his interest to excel in many facets of laboratory technique, he was designated as a Clinical Laboratory Technician after an extensive on the job training.

HM2 Skinner is one of the two children born to Mr. and Mrs. Louis Skinner of Buchanan, Georgia. He received his elementary education at Shadowlawn Elementary School at Miami, Fla and obtained his secondary education at Cedartown High School at Buchanan, Georgia. While at high school, he was a member of BETA CLUB for his high scholastic achievements. He attended Vanderbuilt University at Nashville, Tennessee pursuing a Bachelor Degree in Biology for 18 months. Then he transferred to John A. Gupton College of Mortuary Science where he obtained his Associate Degree in Mortuary Science. After passing the Georgia State Board of Examination for his license he

was employed at A. C. Hemperly & Sons Funeral Home at Atlanta, Ga.

In Oct, 1967, HM2 SKINNER joined the U. S. Navy. He received his recruit training and hospital corps training at Great Lakes, Ill. Upon completion of these training, he attended Field Medicine Technique school at Camp Lejuene, N. C. He became a member of our staff in June 1968 when he was assigned to the Laboratory Service. Since then, he has been working in various section of the laboratory

HM2 SKINNER is due to be released to inactive duty in Aug 1971. He is planning to attend West Georgia College to take additional subjects necessary for entrance to Dental School. Some day, he hopes to establish his

The Skinners', HM2 David M. Skinner, his wife, Brenda Kay and his son, David Mark, Jr., reside at 1348-A Trailmore Drive, Charleston, S. C.



HM2 DAVID M. SKINNER

# Know Your Staff



MRS. MARIAN M. COBB

We are happy to introduce to you Mrs. Marian M. Cobb, new secretary for the Executive Officer. Mrs. Cobb reported to the Naval Hospital 6 July 1971 from the Civilian Personnel Office at the Naval Supply Center where she worked for 3 years. Before that she worked in Medical Records Dept., Social Service Dept., Admitting and Discharge Dept., and in several business offices of hospitals in Greenville, S. C., Dothan, Alabama, and Charleston, S. C. (She likes working with people and enjoys working around hospitals.)

Mrs. Cobb is a native of Chattanooga, Tenn. She attended college at Georgia State College for Women in Milledgeville, Ga. and the University of Chattanooga in Chattanooga, Tenn. for 2 years. Then she married her husband, Herb, who is now a Claims Adjuster with State Farm Insurance. They have 2 boys, Herb, Jr., 13, and Jim, 11 and live on James Island.

(Continued on Page 4)

## Going Places & Seeing Things

by LCDR Lucas This month we will begin a series of commentaries on a number of places visited journeying to the west of this

The trip taken over a long holiday week-end took us up route I-26 to Greenville then over to Atlanta. Here we made our first stop at 6 Flags Over Georgia. From Atlanta we motored up to Chatanooga, Tennessee where we visited Ruby Falls at Look Out Mountain. Then on over to Knoxville, Tennessee and down to Gatlinburg. We passed through Smoky Mountain National Park and on to Asheville, N. C. where we made a tour of the Biltmore Estates: then the last leg of the sojourn back to Charleston.

I will outline our first stop in this article; 6 Flags Over Georgia was impressive in every way. The first impression we got was bigness, mainly because we were transported from the parking lot in multi-seated buggy trailers.

The basic concept of the Six Flags of USA, Georgia, The Confederacy, Britian, France and Spain, all ensigns which have flown over the area at one time is used to divide the park itself into six areas, each following the theme of the flag it represents.

The first area we come to, once inside the gate in Georgia which contains one of the most exciting rides around. This is the Log Jamboree, dug-out logs which travels a water-way course at break-neck speed.

In the second section, USA. There are a number of attractions. The Skylift, Puppet Theatre, Animal Fair and the Happy Motoring Freeway where the kids get to drive a miniature car around a winding road.

Next comes the French area, where Jean Ribault's adventure meant a boat-ride through a fun-filled water way. Also worth mentioning here is the Dolphin Show. The dolphins were put through their paces for the pleasure of the crowds.

Moving on into Spain, we found a cannon range, horror cave and Casa Magnetica, a sort of leaning house.

Time-a-wasting, on to the Confederate section and the Dallonega Mine Train (mini roller coaster); Tales of OKEFENOKEE, and Crystal Pistol with their great shows and one of two railroad depots for the train which circumverts the entire park.

The last area to cover was Britain where we rode on the Hanson Ride, little old fashioned cars around a scenic trail.

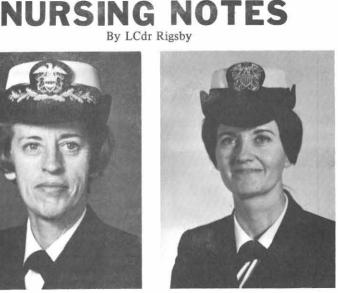
I haven't nearly covered all there is to see and do at Six Flags over Georgia; its a never ending job describing it. I'll just finish by saying it was the highlight of the trip which I shall continue to recount in the next



CDR VIRGINIA LUX

Two of our staff nurses joined the retired ranks recently, after completing twenty years of active military service.

CDR VIRGINIA LUX is a native of Philadelphia, Penn. She was graduated from Bryn Mawr Hospital School of Nursing in 1942. Her naval career began in 1945 with duty at Naval Hospital, Philadelphia and has included many interesting and varied assignments: 'USS Consolation, Atlantic City Naval Air Station, and Bethesda Medical Center to name only a few. "Ginny" returned to civilian life between the years 1947 to 1951 and did industrial nursing for Bethlehem Steel Company. Her military service has been uninterrupted since 1951. She reported to Charleston in April, 1970 from Long Beach, California. Ginny served as detail officer for Nursing Service enlisted personnel during her tour of duty here.



LCDR BARBARA NORRIS

LCDR BARBARA NORRIS is a native of Edgefield, South Carolina. She graduated from Mission Memorial Hospital of Western North Carolina in Ashville, North Carolina in 1950, and received her baccalaureate degree in Nursing from Indiana University in 1962. Barbara began her naval career in 1951 at Bremerton, Washington, A few of her assignments have been Tripler Hospital, Honolulu; Naval Department Dispensary, Washington, D. C.; and Naval Hospital, Guam. She reported to Charleston in May 1968. Her most recent detail here in Charleston has been that of charge nurse in the Out-Patient

Wishes for happiness and the best of fortune are extended to both of these fine nurses and good shipmates. We shall value many pleasant memories of fun and work experiences we have

# epartment Profile

X-RAY DEPARTMENT HM3 John M. Vankoolberger

Quite a bit can be said about of four diagnostic x-ray rooms in X-Ray. The following article will give a little information on X-Rays and the function of the X-Ray Department.

First a little brief history on X-Rays. X-Rays were discovered around the year 1893 by W: am Conrad Roentgen. For quite a while X-Ray was consider of the three greatest medical discoveries along with microscope and the stethoscope. It was discovered by accident and probably Roentgen never realizing it at the time, would come a long way in helping find the cause of a patient's illness.

Probably at least once in everyones life here in the United States, he or she will have been X-Rayed, whether it is just a Chest X-Ray, an x-ray for a fracture, etc. Many people probably don't know that being x-rayed just doesn't consist of looking for a fractured bone. The Gastric-Intestinal tract, Genital urinary Tract, Respiratory System, Circulatory System, Nervous System, Lymphatic System and Endocrine System can all be X-rayed using several different types of contrast medias (dye to the layman).

Now to say a little about the X-Ray Department here in the Naval Hospital.

The Chief of Radiology is DR. RECKENTHALER. Besides DR. RECKENTHALER, there are four other radiologists, DR. KEEFE, DR. ASHWOOD, DR. ZAND and DR. McCLEARY.

HMC BRYANT and HM1

our department. Two of these rooms are set up with flouroscopy, one of the rooms has a tomogram unit in it and two of the rooms the Franklin rapid film changer which can be used for arteriograms.

The X-Ray Department can be considered emergency units of the hospital. Patients coming into the emergency room with a trauma or illness are sent to the X-Ray Department so they may have a certain x-ray which may enable the doctor in the ER to establish a diagnosis of the patient's problem. A patient may come in just for a sample admission chest x-ray or a more complex study such as, a renal arteriogram. Various times we are called on to go into the operating room to take an x-ray which may assist the surgeon with his surgery.

After x-rays are taken, developed and checked by the chief technologist or supervisor they are sent into the radiologist for interpretation.

X-Ray has advanced quite a bit in the years. Probably one of the biggest advances is the visualization of the circulatory system. These types of studies are generally known as arteriograms. The different types of arteriograms that can be done are, Carotic Arteriograms, Renal Arteriograms, Pulmonary Arteriograms, and Aortic Arteriograms just to name a few. These are considered special procedures and the injection of a contrast medias is used. These



HM2 W. Broussard positions patient for X-Ray.

ARNOLD take care of the administrative part of our department. Besides HMC BRYANT and HM1 ARNOLD we have seven Navy staff personnel and two civilian staff personnel. The X-Ray Department also takes part in the Navy student program, for their practical training. Presently we have four students here who received their months training at Bethseda Naval Hospital. They will graduate on 13 August 1971 and will fill staff positions in other Naval Installations.

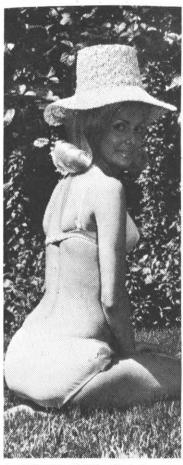
Every two weeks, the staff personnel along with the students are rotated through the different x-ray rooms so they will stay familiar with the different types of equipment, exams and procedures that may be used or done in that particular room. We have a total

#### Know Your Staff

(Continued from Page 3)

Her hobbies are trying to keep up with the boys, all kinds of water sports, ping-pong, camping, reading, and bridge. She likes cats and thoroughly enjoys profootball (her older son was a star quarterback last year).

Welcome aboard Mrs. Cobb, may your tour here be long and enjoyable.

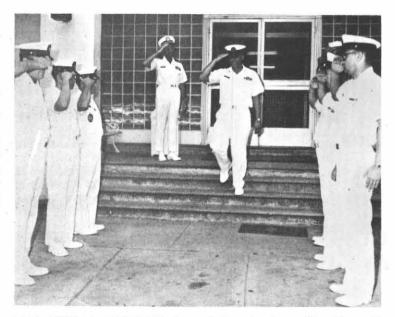


A STRAW HAT will help prevent sunstroke, but someone should warn Lana Trager that too much exposure below that hat is also dangerous. We don't hear any volunteers, only heavy breathing.

procedures may be done to show a tumor, aneurism, a stenosis, blood clot, a ruptured blood vessel etc. These types of procedures can take up to several hours.

We average between 150 to 200 patients a day. In the mornings we schedule the G.I. series, Barium Enemas, Gallbladder Series, myelograms, arteriograms along with our regular routine x-rays. In the afternoons we generally do the arteriograms if any have been scheduled. The majority of the ortheopedic work are done in the afternoons.

All in all the x-ray department is kept quite busy with x-rays being taken 24 hours a day.



HMC PAUL A. JOHNSON shown being piped over the side on his transfer to Fleet Reserves on 30 Jun 71.

## When Tanning Your Hide, Don't Bake or Burn It

How do we tan? Well, there are two ways. The first, dispersal of pigment already in skin, starts within minutes of initial exposure to ultraviolet light. The second is production of new melanin, the pigment of tanning. This doesn't start until 48 hours after your first session in the sun and it peaks about two weeks later. If you get sunburned to start with, damage is done before production of new tan reaches its optimum effect. That's why dermatologists recommend gradual daily exposure rather than weekend-to-weekend exposure. In this way the early dispersal process will continue long enough for full production of new melanin to take effect. This is particularly import for lighter-skinned persons who are capable of tanning.

Although it only takes a few hours for you to get an acute sunburn, major irreversible skin damage is produced by chroniic exposure to ultraviolet light and accumulation of chemical changes over the years. The extent of damage to your skin depends on who you are and where you are. Dark-skinned people have more protection against ultraviolet rays than light-skinned people. Ultraviolet light is strongest at the equator and decreases as you go north or south. And no matter where you are, outdoor occupations increase exposure time.

All our lives we've heard that water reflects the sun's ultra-violet light and that's why a fisherman gets more sunburn in an open boat. Not so, say doctors these days. Water is quite transparent to ultraviolet light and you can get sunburned legs even when wading around. The batt-dangter in an open boat gets more sunburn for two simple reasons: He stays out longer because the breeze keeps him cool and comfortable, and intense radiation comes from all sides from a sky unobstructed by buildings, trees or mountains.

The idea that a beach umbrella will counteract a sunburn problem has also been demolished. There have always been a few fair-skinned folks who complain they get sunburned even under an umbrella. Now medics can prove they are right. Ultraviolet light bouncing off sand can burn skin. (The same principle explains sunburn as you scoot down the ski slope.) Under a beach umbrella you are much more comfortable because you are shielded to a degree from the sun's infrared or heating rays. On open beach these rays would heat you up and alert you to impending overexposure.

If you set out to acquire a

suntan on the beach, at poolside or just sprawled in a sunny corner somewhere, take it easy and do it gradually. Ten or 15 minutes on a side is enough for the first day. If you must bake longer, do it before 10:00 a.m. or after 2:00 p.m. - the sun's rays are strongest during the

four hours in between. Increase your daily dose of sun by about five minutes each successive day. And don't forget that you can still burn on a cloudy day or under a hazy sky. (AFPS) (Reprinted in part from "Approach," Naval Safety Center, NAS, Norfolk, Va.)

# Farewell to

CDR JAMES W. HOWELL, MC, USN - NH, SAN DIEGO CALIF LCDR HAROLD WESTERVELT, MC, USN - NH, ORLANDO, FLA LT JAMES M. MAGUIRE, D.C. USN - RAD CAPT HELEN L. BROOKS - RETIREMENT LTJG JOANN M. EUDES, NC, USNR - NH, QUONSET POINT, R.I. LCDR MARVIN D. LIND, MSC USN - NAVSTA, KEY WEST LT TERRY R. IRGENS, MSC USN - NH, NEW PORT, R. I. HM1 GAIL D. CREAMER - 2ND MAR DIV AW, CHERRY PT., N.C. HM3 EVELEIN M. ALTMAN - NH, CAMP LEJEUNE, N.C. HM3 JOHN T. DONEGAN - NH, JACKSONVILLE, FLA. HM3 CHRIS A. LAMONT - SUPPLY CORPS SCH., ATHENS, GA. HM3 PAUL E. COUTURIER - NH, BOSTON, MASS HM3 THOMAS J. CONE - 29 PALMS, FORCE TROOPS, FMF, PAC HM3 CHARLES E. MICKIE - MC RECRUIT DEPOT P.I., S.C. HM3 GARY A. MULLER - MC RECRUIT DEPOT P.I., S.C. HM3 WALTER L. LAIR - MC RECRUIT DEPOT P.I., S.C. HM3 HARRY D. SMITH - MC RECRUIT DEPOT P.I., S.C. HM3 RONALD E. TOLAND - MC RECRUIT DEPOT P.I., S.C. HN JOHN F. CARROLL - 1st MAR DIV CAMP PENDLETON, CALIF HN LUTHER WITT - 1ST MAR BRIGADE, HAWAII HN MICHAEL S. SELBY - USNH, TAIPEL, TAIWAN HN WILLIAM C. DONALDSON - MC RECRUIT DEPOT, P.I., S.C. HN JACK T. COFER - MC RECRUIT DEPOT P.I., S.C.

CAPT WARREN W. HAMILTON, MC, USN - USS SANTUARY (AH-17) LT DELBERT W. NELSON, JR, MC, USNR - USS POLK LT ROBERT H. DORSETT, MC, USNR - HOME LT ALAN B. HEFNER, MC, USNR - HOME LT RICHARD D. KENNEY, MC, USNR - HOME LT THOMAS J. LIESEGANG, MC, USNR - HOME LT RICHARD D. MCLEARY, MC, USNR - HOME LT BRUCE W. MILLER, MC, USNR - HOME LT STANTON "I" MOLDOVAN, MC, USNR - HOME LT RONALD L. MOLLOY, MC, USNR - HOME LT HENRY E. NEWMAN, MC, USNR - HOME LT WILLIAM A. PALMER, MC, USNR - HOME LT DAVID A. PARDIECK, MC, USNR - HOME LT LESLIE H. PIERCE, MC, USNR - HOME LT FRANK T. SANDSTROM, MC, USNR - HOME LT ANGELO J. VILLANI, JR, MC, USNR - HOME LCDR WALTER F. WEIS, JR, MC, USNR - HOME LT RICHARD G. KATZ, MC, USNR - HOME LT ANDREW F. GREENE, MC, USNR - USS KAMEHAMEHA LT JEROME H. BRYAN, DC, USNR - HOME LT JOHN WORTENDYKE, MSC - NNMC BETH MD LTJG WILLIAM R. ALIFF, MSC - NNMC BETH MD ENS STEPHEN R. LAMAR, MSC - NNMC BETH MD CDR JANICE M. BURCHAM, NC - USS SANCTUARY LCDR ALICE A. MOYER, NC - USS SANCTUARY ENS MARTHA D. BROOKOVER, NC - NH BEAUFORT, S. C. ENS ANNE M. HISLOP, NC - HOME ENS JANET L. PETERSON, NC - HOME ENS CATHY J. FAEHL, NC - NH NNMC BETH MD HM2 DWIGHT H. MATLACK - USS JOSEPH STRAUSS HM2 WILLIAM R. DAVIES - NH ST ALBANS NY HM3 DENNIS L. BAKER - NH BEAUFORT SC HM3 LAWRENCE R. KENNEDY - NAVMED SCH BETH MD HN ROBERT L. EGGAR -- NHCS SAN DIEGO HN FRANCIS R. GAGNE - MEDTEC NH OAKLAND CALIF HN GLENN A. LEPINE - NHCS SAN DIEGO CALIF HN OLIVER H. SHOLANDER - NHCS SAN DIEGO CALIF HN KENNETH W. WARD - MED TEC NH OAKLAND CALIF HN JEFFREY T. WELKER - NHCS SAN DIEGO CALIF HN DONALD G. WREN - NHCS SAN DIEGO CALIF

HN LEROY WILLIAMS - NHCS SAN DIEGO CALIF